

Health/Fitness Incentive Program

In conjunction with our Public Employees Health Plans (PEHP), beginning July 1, 2003 you will have a great opportunity to get involved in a comprehensive health promotion program called Healthy Utah.

Becoming a member of Healthy Utah is a smart move toward improved health and wellness. As a member, you can select from a variety of programs and activities that will help you learn about and adopt healthy behavior and lifestyle.

Whether you are interested in improving your eating habits, increasing your physical activity level, reducing the stress in your life, or quitting smoking, Healthy Utah can provide it.

One of the most popular programs Healthy Utah offers is their Rebate Program. Cash rebates will be award to **PEHP Summit** or **Advantage** insured **employees** and their **spouses** who set health and fitness goals and successfully accomplish them.